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Transit faux pas: How to retain your humanity even when you're in a hurry

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Toronto metro

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EDUARDO LIMA/METRO

WELL-VERSED

22-year-old Wali Shah named Mississauga's Poet Laureate — and he has a message for the city's youth metroNEWS

Time for us to 'stand up' for the Great Lakes

metro EXCLUSIVE

Young Canadians want own country to take initiative as U.S. makes cuts

May Warren
Metro | Toronto

The majority of Canadians want to see an increase in Great Lakes funding if the U.S. guts a $300 million conservation program.

A new Forum Research poll of 1,479 Canadians shows 57 per cent would back the initiative, with support particularly strong among Canadians under 34, the least wealthy, and those in Ontario and B.C.

It makes sense, said Elizabeth Hendriks, vice-president of Freshwater Program at World Wildlife Fund Canada, as younger people are the ones who will have to live with the consequences of not acting to protect fresh water resources.

"The impacts of climate change are today being felt through water and we need to be ready for that," she said.

"Canadians are demanding it."

Great Lakes funding faces significant obstacles in the U.S., with President Donald Trump's proposed budget wiping out the Great Lakes Restoration Initiative, cutting its $300 million budget by 97 per cent.

The program, which started under president George W. Bush, funds crucial activities like cleaning toxic areas and restoring natural habitats, said Nancy Goucher, manager of partnerships at Freshwater Future. She told Metro that Canada needs to put money towards domestic initiatives, like addressing algal blooms in Lake Erie that are already affecting water quality.

Canada does not have a program like the one in the U.S., and Great Lakes conservationists have long advocated for one.

57%

of Canadians believe that if the U.S. cuts its budget to protect the Great Lakes, Canada has a responsibility to increase funding in response

Mark Mattson, president of Lake Ontario Waterkeepers, warns U.S. cuts would have disastrous consequences for the interconnected Great Lakes ecosystem, and hopes for political pushback.

"To make cutbacks now and to go from an era of restoration, which is really what we've been seeing for the last ten years, and go back to an era of destruction is just not going to fly with the Americans," he said.

"I think the poll proves it's not going to fly with Canadians either, and we're prepared to step up and take a leadership role."

Matt Elliott

'As governments squabble, these are the people left without hope'

Vulnerable Torontonians who need social housing caught in the middle of a political game of chicken

metro NEWS

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metro NEWS

Your essential daily news

New York's tourism industry plans to woo Canadians to help combat 'the Trump slump' **World**

Humans of Toronto by K. Omar

"She inspires me."

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

No money and now no hope for social housing

Matt Elliott
Tory's Toronto

When Mayor John Tory and city council made the agonizing decision last Wednesday to permanently close 138 units of social housing that have fallen into disrepair, they still held out hope.

Hope that some timely investment in social housing from Premier Kathleen Wynne would be coming. Hope that the provincial money would be enough to address the $2.6 billion repair backlog facing Toronto Community Housing. Hope that the city wouldn't be forced to consider kicking more vulnerable low-income people out of their homes.

Then the provincial budget dropped, and dashed the hell out of those hopes.

The 2017 budget, unveiled Thursday by Finance Minister Charles Sousa, includes only minor spending on affordable housing and nothing to address the TCH repair backlog.

No money. No hope.

The province has long been urged to fund, along with the city and the federal government, one-third of the backlog cost. The city has put up its share, and the federal government has indicated a willingness to do the same. Queen's Park has been the lone hold out.

The lack of cash will have an immediate impact. The 138 TCH units council voted to close and demolish in the northwestern part of the city last week are part of 1,000 units set to close over the next two years due to the lack of funding.

The political ramifications of this are huge. Though Tory doesn't like to admit it, city hall has the financial capacity to cover the province's missing housing money. It would likely take a dedicated property tax levy, similar to the levy introduced to fund the Scarborough subway.

But doing that would be letting the provincial government off the hook. Though it feels like ancient history, don't forget that many of the aging TCH units in disrepair were built by the provincial government and all were intended to be maintained mostly with provincial funds until housing was unceremoniously downloaded onto city hall.

You make a mess, you clean it up, right?

That's the problem. In effect, paying the province's share of the bill would be a recognition that public housing is no longer a provincial responsibility. It would be a cost shouldered primarily by the municipality — mostly through property taxes — permanently.

Far more important than the political game of chicken taking place between city hall and Queen's Park is the human cost of all of this.

TCH operates 58,000 units across the city. Of those, 22,000 households include children, and 21,000 are seniors who live alone.

Of the households in rent-geared-to-income units, 94 per cent live below the poverty line, with a median income of $15,225 a year.

Nearly a third of households include someone with a disability.

These are the people who live in homes that barely reach the standard of basic livability — homes that may soon fall below that standard. As governments squabble over taxes and responsibility, these are the people left without hope.

They are tenants of the City of Toronto — the worst landlord in Toronto — and residents of a province that doesn't seem to care.

Toronto DIGEST

Police seek public's help to find missing dog
Toronto police are asking for the public's help in locating a dog they believe was stolen. Mary, a white and brown Jack Russell terrier, escaped from her leash at around noon on April 14. She was near her home at Greenwood Avenue and Gerrard Street East.

Anyone with information on Mary's whereabouts is asked to contact police at 416-808-5500.

TORSTAR NEWS SERVICE

Mock funeral for renters
Toronto residents held a mock funeral procession through the streets of Kensington Market to protest the proliferation of short-term rentals in the area.

Approximately 20 people, some wearing black, participated in the "Requiem for Rental Housing" protest on Saturday to call attention to how the increase in short-term rentals has been forcing out renters.

TORSTAR NEWS SERVICE

City wants input on prohibited animal use
The City of Toronto is asking the public to help decide how animals on its prohibited list might be used educationally. The public consultation, which included a meeting at city hall Friday and another today at Metro Hall, could shape whether animals barred from homes, such as snakes or pigs, are allowed at birthday parties or at schools programs.

TORSTAR NEWS SERVICE

Search widens in Belize for missing Toronto woman
The disappearance of a Toronto woman who vanished with her U.S. boyfriend in Belize last week deepened yesterday when her car was found abandoned in a cane field near the village of Paraiso. Francesca Matus, 52, and Drew DeVoursney, 36, were last seen driving the Isuzu Rodeo after leaving a nearby bar around 11 p.m. April 25, local police say.

TORSTAR NEWS SERVICE

Shelter system won't be faced with loss of jobs
Toronto's strained shelter system will not be faced with the loss of 10 frontline positions, although the fix is short-term and means other jobs across the division will remain unfilled. The 10 jobs were cut during the last budget, following a directive from Mayor John Tory for all city divisions to find 2.6 per cent in savings. The proposal was approved on Friday.

TORSTAR NEWS SERVICE

Lower Don Trail completion delayed until July
If you want to go for a spin up the Lower Don Trail, you'd better be prepared for some headaches until at least July. City officials say construction on the trail, originally slated for completion last fall, won't be finished until July.

That means a major section of the trail between Riverdale Park and Pottery Rd. remains inaccessible.

TORSTAR NEWS SERVICE

A poet laureate at 22

CULTURE

Wali Shah now Mississauga's chosen literary ambassador

Gilbert Ngabo
Metro | Toronto

Mississauga has a fresh new voice in 22-year-old Wali Shah.

The spoken word artist and fourth-year University of Toronto student has been named the city's second poet laureate, and he has big plans to encourage young people to take up arts.

"Mississauga is a very youth-oriented city," said Shah, who discovered his knack for writing and performing at age 12 and has travelled all over the country for public speaking engagements. "It's not just for me being on the big stage, but for other kids to know they too can dream big and work hard. Anything is possible."

As poet laureate, Shah will serve as Mississauga's literary ambassador, helping to raise the profile of the city's writers. He has also been involved in efforts to create social change through his work, partnering with different schools, CrimeStoppers, Bell Let's Talk and the United Way.

Wali Shah is the new face of Mississauga's arts community as the city's offical poet laureate. EDUARDO LIMA/METRO

It wasn't an easy choice for him to embrace arts. Having immigrated from Pakistan, he said his parents preferred that he pursue a career with high social status, like becoming a lawyer, doctor or engineer. They only recently accepted his passion for a different career choice, he said.

"This is almost like a validation for me, just to make my parents proud and show that what I'm doing is important," he added.

He's already working on a poem to perform this Canada Day, with thousands expected to attend celebrations at Square One.

Poem for Canada Day

When I came to Canada with my Mom in 97.
Mom told me that North America was the land of freedom.
Of opportunity and multiculturalism. She always told me, that we were home.
And I think back to how long that's been,
How this child who came from Pakistan has grown since then,
When, I think of home, home is Mississauga, Ontario.
Home is 5 and 10, Dundas and Hurontario.
This the true north, home of the strong and the free.
This where you can be whoever you wanted to be,
Home is where we embrace differences between you and me.
Home where we celebrate our diversity,
Home where your neighbours catch you in adversity,
We've been home since 97. Diaspora never made us feel alone.
We live in a cultural tapestry, beautifully sown. Canada, the land we call our own. Let my pride and my joy be known.
When I think of Sauga, I think, Home sweet home.

- Wali Shah

Raptors seek revenge

The U.S. media is keeping score on our hoops heroes, who will take on the Cavs tonight at 7 p.m.

GILBERT NGABO METRO

A year after the Cleveland Cavaliers knocked the Raptors out of the playoffs, Toronto has a shot at payback. Here's what the U.S. media is saying about the matchup.

USA Today: "We The North vs. We Are The Champions." Toronto "is looking for revenge after having its season ended by Cleveland in 2016. These Raptors don't want that to happen again."

Akron Beacon Journal: LeBron James on playing at Air Canada Centre: "Going to a hostile building in Game 3 and Game 4 and we know that. Their fans are unbelievable. I stated that last year after we closed that series out. Doesn't mean we're going to be able to win this year. We've got to go out and make it happen. We have to worry about Game 1 first."

ESPN: ESPN reports Cleveland "thinks so highly" of Raptors trade deadline acquisition P.J. Tucker, they also tried to make a deal for the defensive-minded small forward.

Cavs.com writer Joe Gabriele: "The Raptors aren't the same team that Cleveland faced in last year's East Finals or the one they took three of four from earlier this year."

Bill Simmons on a recent podcast: "I don't think the Cavs are going to make the Finals. I don't think the Cavs can beat the Raptors."

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After losing her Fort McMurray home at 40 weeks pregnant, Kyle McLaren and her fiancé are renting a home with their daughter Dawson, now almost one year old. JENNIFER FRIESEN/FOR METRO

New mom details bittersweet return

FORT MAC: ONE YEAR LATER

Baby brought family strength in dark time

Helen Pike
Metro | Calgary

It was the best and worst year of her life. Last year, in their Abasand home, Kyle McLaren, who was 40 weeks pregnant, barely had time to scoop up her shoes before running out the door in the last minutes to evacuate from the Fort McMurray fire.

A year later, McLaren said she still dreams of what she could have taken with her — a photo album, an accordion file folder, her baby's blanket.

Her daughter, Dawson, who was born safely in Calgary on May 13 in Room 13 at 10:13 a.m., is walking now. McLaren says without her, she's not sure she would have made it through the fire.

"At first, none of it kicked in, we were just there," McLaren said. Instead of bringing her baby home to her own house, with the things she'd gathered for their newborn daughter, she was in a cramped room in her Calgary relatives' home.

"They let me just take a baby home from a hospital," McLaren said. "I still have postpartum, and I think it's worse because of what happened."

She said that when her mind lingers to having her next baby she immediately thinks: "What if the house burns down again?"

"Last year was the worst year of my life, but it was also the best, because she was born," McLaren said. "It was an exciting time and experience, but it was really crappy.… If I didn't have her, there was no way I would have made it through this.… She was a happy distraction."

Over the phone from Fort Mac, you can hear McLaren's teething tot gurgling in the background, fussing, laughing. Her home burnt down so she's living in a downtown condo. It took her eight months before she and her family felt ready to return.

"We were really excited to come up here, but it was scary," McLaren said.

When Dawson was six months old they came up to Fort Mac for a visit, snuck into their old neighbourhood and couldn't discern which of the rubble-ridden lots used to be theirs. That was hard, and she hasn't been able to go back since, but coming back for keeps was another matter.

"I was excited to be on our own again, be a family, but I was also terrified," McLaren said. "We drove up in separate cars, I wanted to pull over so many times and say, 'I can't do this, I'm going back.'"

She's still isn't sure how her daughter's birth story will form. Dawson is too young right now to realize the great escape her parents made to deliver her safely in Calgary.

"It's a life-changing thing," McLaren said. "I think it might be one of those things you tell at her wedding day."

Hearing about the fire now still upsets her. "Eventually, it won't be so hard to talk about."

TRAVEL

New York fears Trump tourism slump

New York's tourism industry is worried U.S. President Donald Trump's America First policies are turning off Canadian visitors, and they're heading north this week to woo Canucks and their tourism dollars.

The head of New York City's official tourism organization, NYC & Company, minces no words in admitting he's keen "to counter a little bit of the negative rhetoric that is coming out of Washington."

"We recognize there are challenges at the border at the moment," Fred Dixon said by phone from New York before the trip.

"We want to remind everyone that New York City is welcoming and that we are a diverse and safe city, a sanctuary city like Toronto, and we value the same things."

A supposed "Trump slump" has yet to be verified by hard data, but anecdotal evidence abounds of would-be travellers vowing to avoid the U.S.

Dixon said New York's allure plummeted after Trump unveiled a barrage of proposed anti-immigrant policies that included a ban on travel from certain Muslim-majority countries.

And then Trump started railing against Canada in recent weeks, with attacks targeting dairy farmers, softwood lumber subsidies and the North American Free Trade Agreement.

His organization predicts New York will see 300,000 fewer foreign tourists this year, representing a 2.1 per cent decline.

That includes a projected 17,000 fewer Canadians, a roughly 1.8 per cent drop.

THE CANADIAN PRESS

New York's allure fell after Trump's anti-immigrant policies, says the city's official tourism organization. ISTOCK

SOCIAL MEDIA

Defence Minister offers full apology

Defence Minister Harjit Sajjan has apologized for embellishing his role in a key Afghan offensive even as evidence emerged that he had made the false claim before.

A beleaguered Sajjan took to social media this weekend to issue a full mea culpa for his claim to an overseas audience that he was the "architect" of Operation Medusa, a 2006 offensive by Canadian forces to oust Taliban fighters from districts around Kandahar.

Sajjan said he had "made a mistake" in describing his role. "I wish to retract that description and apologize for it. I am truly sorry," he tweeted Saturday, referring readers to a fuller explanation on his Facebook page.

It was not, however, the first time Sajjan made the claim. In 2015 he said Gen. Jonathan Vance, current chief of defence staff, saw him as a key figure in the 2006 offensive.

TORSTAR NEWS SERVICE

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- Do you find it difficult to control your worrying?
- *Are you*: 18 to 65 years of age?

For more information please contact Shreya:
Phone: 416-979-5000 ext. 2182
Email: caplab@psych.ryerson.ca
Study Name: Training Mental Habits Study

All queries are confidential. You will be compensated for your participation if you are eligible. A phone screen (which participants will not be compensated for) is required to determine eligibility.

IDAHO

Locker-room assault sparks effort to heal

Bukky Ogunrinola's mother taught her years ago to use caution in how she dressed and presented herself in public. Being a young black woman in Idaho meant living in a world where she's sometimes greeted with suspicion.

Still, the 16-year-old was stunned to wake up one cold January morning to see the windows of her family's SUV smashed and the words "go back" in white paint splashed across the vehicle.

"I'm a woman of colour, and I'm an athlete in Idaho. That's not that easy. I mean, I think there's three of us in Idaho?" said Ogunrinola, whose family emigrated from Nigeria 14 years ago.

Community leaders in Idaho are collecting stories of violence and discrimination like Ogunrinola's in the wake of a sexual assault of a disabled black athlete by his white teammates that shocked not only a small town but residents across the state. They hope to identify possible policy changes or improvements to community outreach.

The effort is being launched in a state better known for its potatoes than its diversity, but that isn't stopping advocates from working to identify solutions to limit acts of hate.

The effort began after John R.K. Howard and two teammates were charged with sodomizing a black teenage boy with a clothes hanger in 2015 in the locker room of the high school in the tiny farming town of Dietrich, known for its deeply religious population. The sex assault charge against Howard, who was 18 at the time of the attack, was later dropped. Instead, he was sentenced in March to probation for felony injury to a child, sparking outrage and confusion. THE ASSOCIATED PRESS

John R.K. Howard
THE ASSOCIATED PRESS FILE

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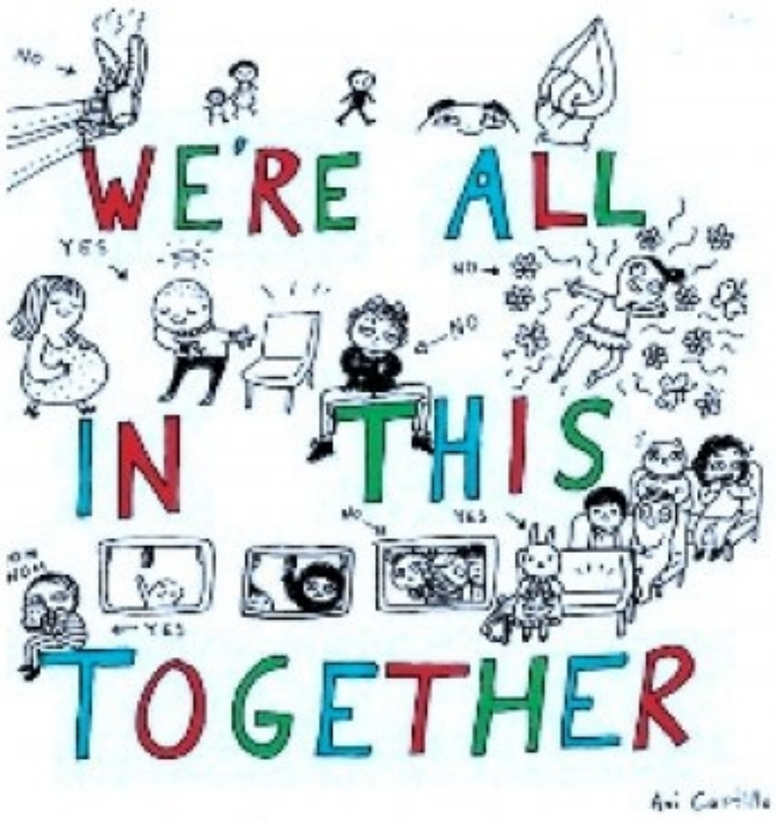
Your essential daily news

PHILOSOPHER CAT by Jason Logan

URBAN ETIQUETTE ELLEN VANSTONE

Top ten transit faux pas and how to avoid them

Judging by the mailbag here at Metro, our nation's public transit systems are filled with people who don't have the first clue about proper etiquette. It's almost as if they don't care about the comfort and safety of their fellow riders! Here is a handy Top Ten list of reminders for readers who do care.



1. Think of your backpack as a precious baby, that you want to hug to your chest and protect from the bumps and bruises of fellow riders. Do not think of this baby as a small lumpy weapon strapped to your back in order to whack surrounding passengers.

2. Keep your feet off the furniture. Those big boots might impress some, but most of us will only be reminded of animals, like the ones you grew up with in a barn, and the dogs and pigeons whose sidewalk-poop particles you are now distributing.

3. Keep your business to your self. We're not impressed that you own a cellphone, and we don't want your loud conversation ringing in our ears.

4. One ticket = one seat. Don't take up two seats with your bags and belongings. Don't take up 1½ seats with your elbows or sad addiction to manspreading.

5. Stand up and offer your seat when you see a parent struggling with small children, or a pre-parent struggling with a giant, unwieldy belly, or an older, infirm person, or any other fellow human being who needs that seat more than you do.

6. Stand aside if you're near the doors and not getting off.

7. Sit down rather than hover over an empty seat, preventing anyone else from using it.

8. Nibble discreetly on some inert comestible if you must. Please refrain from chowing down on a dripping, reeking burrito, half of which ends up on your clothes or the floor. It's hard to watch let alone smell.

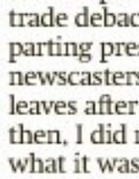
9. Wash irritating chemicals off your body when going in public. Though your "eau de Pepé Le Pew" may smell marginally better than the warm, pungent sushi being scarfed down in the seat next to you, nobody really wants your artificial fragrance up their nostrils and bringing tears to their eyes.

10. Move to the back. This is a strange one and we've all done it — we cluster near the front like mad drunks at a kitchen party, happy to be crushed in a crowd rather than retire to the thinly populated regions of the living room, or back of the bus. It's a human impulse But as overpowering human impulses go, this is one of the easier ones to master. So disengage from the crowd, be the rugged individualist we know you can be, and lead the masses to space salvation at the rear!

It's these small acts of heroism that may save us all in the end.

Need advice?
Email Ellen:
askellen@metronews.ca

Revived rift ruining my chance to wax nostalgic



Vicky Mochama
Metro | Toronto

Like fanny packs, crop tops and Jeff Goldblum's career, trade conflagrations over softwood lumber with our American neighbours are back.

It's the '90s all over again.

Softwood lumber is in the news now thanks to Donald Trump, who last week slapped duties between three and 24 per cent on Canadian softwood lumber. Industry leaders here shot back, saying the move was illegal and they will fight it in court.

Growing up, my parents were nightly news watchers; it seemed to me that Peter Mansbridge was positively obsessed with softwood lumber. (We should not rule out the possibility that this trade debacle is actually Peter's parting present to his fellow newscasters. A true diva only leaves after an encore.) Back then, I did not understand what it was about but I, along with the rest of the nation, breathed a sigh of relief when Canada and the United States announced a resolution to the long-standing dispute in 2006.

The softwood lumber squabble was, I had hoped, something I could tell the next generations about with sighing nostalgia.

"In the '90s and early aughts," I planned to tell my grandnieces and nephews via telepathic Skype, "we used to have trees."

"Mom took us to see The Last Tree at Disney!" they'd exclaim.

I would sigh, "Yes, and once upon a time, we made things with trees and we got into a fight with the United States about trees. We called it the softwood lumber dispute."

With the deadpan boredom of children, they'd ask, "What's softwood lumber?"

"Hello? Sorry. My telepathy is going out."

My telepathy will not be going out. I just don't have an answer. And I had hoped that it wouldn't come up again during my adult years.

You see, I'm not entirely sure I know what softwood lumber is. I am certain I've been told about it.

It's one of those quirks of the brain that there is a handful of important things I'll always have difficulty remembering.

For example, I regularly pay a utility bill but I can't tell you with any certainty whether it's heat, water, electricity or gas. It's possibly two of the four though I'd be guessing if I had to pick.

Another one I can't quite pin down is ovulation. I'm a woman and a feminist and I believe in taking responsibility for one's own health. And yet, I have nothing but a series of guesses as to all five Ws and the How of ovulation. That one I'm certain I've been tested on.

How odd then to find myself sympathizing with President Trump. Both of us know nothing about softwood lumber, have likely been briefed on it and are fudging the answer.

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The Greater Toronto Airports Authority (GTAA) hereby gives notice of its Annual Public Meeting.
The GTAA is the operator of Toronto Pearson International Airport, the largest airport in Canada and one of the largest in North America in terms of passenger and air cargo traffic. In 2016, more than 44 million passengers travelled through the airport.
Date/Time: Thursday, May 4, 2017, 12:30 p.m.
Location: Sheraton Toronto Airport Hotel & Conference Centre, Muskoka Ballroom II & III, 801 Dixon Road, Toronto
Complimentary parking available at registration table.
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Hope for preemies as artificial womb helps tiny lambs grow

Don't end up paying the tax man too much

TAX

It's better to have money in your pocket now than later

Gail Vaz-Oxlade
For Metro Canada

Tax refunds sound and feel great for most of us at the end of a financial year, but wouldn't you rather have that money in the first place? ISTOCK

People are always telling me why they can't save. In the next breath they tell me about the tax refund they're getting.

I ask: "Why would you give the government an interest-free loan? Are you cray-zee?"

They say: "It's like forced savings."

So what they're really saying is that they can't keep their sticky paws off their savings and would rather earn no interest on their money. Hmm.

Reality check: Money in your pocket now is better than money in your pocket down the road.

And yet every year, about two-thirds of the people who file a tax return in Canada end up getting a refund, with the average refund running to just over $1,400.

Geeze Louise! That's more than $100 a month you could have put to work for YOU.

Start by reviewing your TD1 Form to make sure you have only as much tax as necessary withheld. If you just got married and your mate doesn't have an income, you can update your TD1 to claim the spousal amount. Ditto if you're new to the workforce and plan to claim tuition credits you've carried forward.

Here's a form that very few people use, but is remarkably useful for keeping money out of the government's hands: Form T1213: Request to Reduce Tax Deductions at Source. This form lets you request permission from the tax man to have your employer reduce the amount of income tax taken off of your paycheque every month.

If you can demonstrate that you're eligible for certain recurring deductions that will reduce your tax bill at the end of the year, you can trade in your tax refund for more take-home pay.

Do you make monthly RRSP contributions by way of pre-authorized withdrawal? You're eligible. How about childcare expenses? If you're tithing monthly, you can do it for your charitable donations. If you have rental losses, interest expenses on investment loans, or carrying charges, those are eligible too. So are support payments.

You'll have to fill out the form and send it to the tax man every year. You can do it at any time, but the best time is in October or November for the following year, so open up your diary and set a reminder right now.

Once you're approved, the tax man will provide instructions by letter to you, which you then give to your employer, who will adjust your pay for the remainder of the year.

Fill out Form T1213 and get the tax man's approval and instead of paying extra tax and getting refunded, you'll pay less tax on an ongoing basis so you'll have more cash that you can then use to establish an automatic savings plan.

Whether you send that money to your RRSP, your TFSA or your high-interest savings account, it's way better in your hands than in the tax man's.

For more money advice, visit Gail's website at gailvazoxlade.com

JOHANNA SCHNELLER
WHAT I'M WATCHING

As a group, humans are corruptible

THE SHOW: The Handmaid's Tale S1, E2 (Bravo)
THE MOMENT: The cookie

In a dystopian near-future, handmaid Offred (Elisabeth Moss) serves as a breeder for her Commander (Joseph Fiennes) and his wife Serena (Yvonne Strahovski). At another commander's house, a condescending wife offers Offred a cookie.

"You shouldn't spoil them. Sugar is bad for them," another wife scolds.

"Surely one won't hurt," Condescending says.

Serena hands Offred a perfect macaron. It's clear this is a rare treat. It's also horribly shaming. Offred takes a small bite.

"Isn't she well-behaved!" Condescending trills.

Offred, excused, clamps a hand over her mouth and ducks into a powder room. She spits the lump of chewed cookie into the sink and rinses it away. She smiles into the mirror. They haven't killed her spirit yet.

I was anxious about this series. I greatly admired Margaret Atwood's source novel, but there were things I didn't buy (the biggest: that a society set up by men would revolve around dreadful sex). But I'm happy to report that the three episodes I've seen are terrific.

First, as all reviewers have noted, creeping totalitarianism in the real world makes the story eerily timely. Second, the flashbacks that show the U.S. turning into this rigid theocracy are excellent slices of believability. Third, we see just enough of them that the scenes of pre-turn, regular life look like heavens of freedom.

Mainly, I'm loving how the show makes room for scenes like this one; original, off-kilter, yet tone-perfect character moments that demonstrate the larger theme: humans as a group are corruptible, but individual humanity can endure.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Elisabeth Moss as Offred in The Handmaid's Tale. CONTRIBUTED

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Defining free speech on campus

Universities are supposed to be places where debates happen about anything and everything, with no restrictions on academic freedom. On the other hand, higher education has traditionally excluded people from marginalized groups, such as women, ethnic minorities, poor people and LGBT people. It's a tough line to walk, as recent demonstrations, clashes, and cancelled events at campuses across Canada and in the U.S. have demonstrated. We brought together three viewpoints on the thorny issue of limitations to free speech. **GENNA BUCK/METRO**

DENIO LOURENCO

Lourenco is the LGBTQ co-ordinator at U of T Mississauga student union. CONTRIBUTED

What we are witnessing on campuses are students who make it clear that racism, transphobia, Islamophobia, and ableism will not be tolerated in educational environments where students are paying tens of thousands of dollars to learn and launch their careers.

While we believe higher education should be a place for people to share different ideas, there are limitations.

Language can be constituted as violence because when used in a violent manner, it causes pain.

We need to challenge this myth that people like [University of Toronto professor Jordan Peterson, who has drawn ire for saying he won't address transgender and non-binary people by preferred pronouns] are making valuable contributions to academia.

Ten months ago I would have defined the phrase "free speech" as the right to express an idea or opinion without censorship so long as that speech does not threaten or discriminate against a person or group. However, **today, "free speech" has been used as a tool to disguise and protect people's hatred and personal prejudices.**

STEPHEN HICKS

Hicks is Professor of philosophy at Rockford U. CONTRIBUTED

If we're devoting university funds to something, we should be inviting people who are scholars. Someone like Ann Coulter? I'm not going to be inclined, as a nerd academic, to invite that person. But if that person is invited, I'd tell my students: "Here's her point. Part of your education is to be aware of it." **Part of life is learning that your views are going to be challenged. You're going to be offended.**

[When it comes to freedom of speech on campus], it is always the worst case you have to defend: porn, neo-Nazis, people doing very offensive things in the art world with crucifixes. Even if you find something disagreeable or repugnant, we handle things in an open fashion. University should breed nuanced judgments.

Influential intellectuals argue there's no such thing as truth, rationality or objectivity. And if in a deep way you believe that, you stop trying to reach the truth and be rational.

The broadest label for this is postmodernism...If you don't think that speech is a tool we use for capturing our understanding of the world objectively and communicating it clearly, then you don't treat speech as something that's about civil debate.

ZACHARY STRONG

Youth leader Strong is a McMaster U grad. CONTRIBUTED

People who invite speakers like Milo Yiannoupoulos aren't doing themselves any favours. **Dialogue has to go both ways, and inviting someone provocative in the name of "free speech" doesn't help.** For speakers like Jordan Peterson, who actually has articulate commentary to offer, that's a different case entirely.

If you try to shut down things you don't agree with, you lose out on actually understanding someone else's opinion.

Students and young people now are not allowed to fail and deal with negative emotions. When they get into a situation where they have to confront ideas that they really don't agree with, it's actually really distressing.

I don't think universities really push students outside of their comfort zone anymore. I think they're afraid of getting bad press.

If these kids can't learn to grapple with tough ideas and reach compromise, when they become our politicians and our business leaders, they will be woefully unequipped to deal with challenges.

All interviews have been edited and condensed for brevity.

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Farm's water buffalo are the big cheese

DAIRY

Consumer demand for versatile milk is growing

Owen Roberts
Urban Cowboy

Nothing says spring like the birth of a baby animal — even if that baby is a 100-pound water buffalo, named Jolene.

Jolene was born last month at the Ontario Water Buffalo Company, about two hours east of Toronto. Owners Martin Littkemann and Lori Smith are expecting about 100 calves this spring.

Females like Jolene are particularly coveted for their milk. In four years, when she's a full-grown five-foot-tall, 2,000 pound adult, she'll be producing up to 10 litres of milk per day.

And that's music to Littkemann and Smith's ears.

Buffalo milk is a lucrative, sought-after, versatile product. It's protein rich, high in fat and low in cholesterol. This spring, Littkemann and Smith are working with commercial dairies in Toronto and elsewhere to produce new water buffalo products, including gelato and a blue cheese called Azzurro di Bufala.

Restauranteurs are catching on. Clark Day, newly minted fellow of the Ontario Hostelry Institute and owner of Bayview Farm Restaurant in Kingston, Ont., says Littkemann and Smith make some of the best cheese in the province. In his fine dining establishment, he offers the Ontario Water Buffalo Company's mozzarella — the crowning jewel of a tasty Caprese salad — along with its asiago, blue and ricotta cheese.

"Martin and Lori and talented and incredibly hard working farmers" he says, "and we are honoured to represent them at our restaurant. Their products help keep our menu varied and original."

Lori Smith gives some love to newborn calf, Jolene. PHOTOS BY LIZ BEDDALL/FOR METRO CANADA

THE FUTURE *of* FARMING

What's next for these water buffalo farmers?
Researchers at the University of Guelph and McGill University are helping the Ontario Water Buffalo Company improve the genetics of their herd. That involves modern reproductive technology, such as embryo transfer, in-vitro fertilization and artificial insemination. By the fall, the farm hopes to be exporting breeding animals.
OWEN ROBERTS/FOR METRO

Helping feed the hungry world
It's estimated that by 2050, the world will be consuming two-thirds more protein than it does today. Some experts believe indigenous animal such as water buffalo could help. "Buffalo production makes an important contribution to economic development, rural livelihood, poverty alleviation, and meets the fast-growing demand for animal protein," write B.M. Naveena and M. Kiran in the journal Animal Frontiers.
OWEN ROBERTS/FOR METRO

Herd assistant Erin Joron, left, and herd manager Caitlin West work in the milk barn.

one of the largest and most well-established of the dozen water buffalo farms in Canada.

Yet despite its size, Littkemann, Smith and their herdspeople know each animal by name.

Jolene, for example, is joining the likes of Zorra, Jamaica and Sunnie, other names found in the herd.

The water buffalo have oodles of room to roam and graze here — 450 acres, in fact. They can swim in an eight-foot-deep pond. They can wallow in whatever mud they can find.

Or they can chill.

Despite their size, water buffalo are gentle, docile animals, content to do very little. Yvette, the farm mascot, even lets people sit on her back for photos, each year during the Water Buffalo Food Festival in nearby Stirling.

And even though they are easily milked — like they are twice a day at the Ontario Water Buffalo Company, at 6 a.m. and 5 p.m. — they've never really caught on in Canada. Here, more productive breeds of dairy cows, especially Holsteins, are favoured, which give about three times as much milk per day.

But that's fine with farmers Littkemann and Smith, who have experience with conventional dairy and beef cattle. When they decided to commit to water buffalo, they weren't looking for the norm.

"We tend to take the road less travelled," says Littkemann. "We like doing something different, and in Canada, it's hard to find something more different to farm than water buffalo."

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.

FARM *links*

Connecting with the world of water buffalo

- **Ideas for using buffalo mozzarella**
  pinterest.com/explore/buffalo-mozzarella
- **All about water buffalo**
  nationalgeographic.com/animals/mammals/w/water-buffalo
- **Water Buffalo Festival**
  ontariowaterbuffalo.ca/events.html
- **Take our poll** The name of Martin and Lori's next water buffalo calf will start with an "L." Take our **metronews.ca** poll and tell us what the calf's name should be?

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metro SPORTS

"I just want to fight everyone, man": Londoner Anthony Joshua who stopped Wladimir Klitschko in the 11th Round on home soil at Wembley Stadium

No room for error vs. LBJ

OPINION

Bruce Arthur

LeBron James and the Cavaliers won three of four games against DeMar DeRozan and the Raptors during the regular season. RICHARD LAUTENS/TORSTAR NEWS SERVICE

James Jones has played with LeBron James for a long time, or at least it feels like it. He has been in every one of the six consecutive NBA Finals James has reached; like LeBron, he has three championship rings. He's seen a lot.

"You see a little bit of Bird in him, you see some Magic, you see some Oscar," said Jones last year, as LeBron was beginning to dismantle the Toronto Raptors in the conference final. "A lot of Big O. He'll tell you he sees a lot of Big O in himself."

That's Larry Bird, Magic Johnson, and Oscar Robertson; Raptors executive Wayne Embry, who played against luminaries like Wilt Chamberlain and Bill Russell, considers the Big O the greatest player he has ever seen. LeBron was always compared to Michael Jordan because Jordan is considered the modern apex of the game, but stylistically he has always been an evolutionary version of a different tree. Raptors forward Patrick Patterson says you try to be physical, to keep him out of the lane, to make him shoot, to limit his passing. But.

"Yeah, definitely go in with those points, but at the same time, he is LeBron James," says Patterson, the day before Game 1 in Cleveland. "Hands-down the best player in the world right now."

Starting Monday, the Raptors get to face the game's apex predator again. Last year it looked closer on paper than it did in real life: in a six-game series, the Raptors were outscored by an average of 15.5 points per game, which is a lot when you won two of those games. LeBron hasn't lost an Eastern Conference playoff series since 2009, the year DeMar DeRozan was drafted.

> **He's who we have to go through to get to the next round.**
> Patrick Patterson

But now, Cleveland is a lesser thing.

In the second half of the season they went 21-20. After the all-star break the only team whose defence was worse was the sitcom-esque Los Angeles Lakers.

Cleveland has gone 14-15 against playoff teams since beating Golden State on Christmas Day, and in the first round LeBron averaged 32.8 points on .543 shooting, .450 from three-point range, plus 9.8 rebounds, 9.0 assists, 3.0 steals and 2.0 blocks, and the Cavaliers swept an utterly average Indiana team by an average of four points per game.

So LeBron played monster basketball and Cleveland could, and maybe should, have lost a couple of those games. And the Raptors still won't say this is a team that can be had. Why?

"They're going to try to outscore you more than anything else," says coach Dwane Casey, "but they're still very capable defensively. Just because of James and the way he reads the floor and reads situations, helps his teammates."

This is the biggest test in franchise history. The Raptors enter this series with a split personality — capable of greatness, capable of absurd failures. If they are going to be anything more than a footnote on the great man's path, then they will need to become bigger than they seem. They will need to play fearless basketball, smart basketball, without much margin for error.

This is LeBron, a walking legend, the monster. This time there is a soft underbelly, waiting to be exposed. It's there. And because it's LeBron James, that still might not be enough.

Bruce Arthur is a sports columnist with the Toronto Star

NBA PLAYOFFS

Thomas rallies Celtics from early deficit

Isaiah Thomas had 33 points and nine assists, and the Celtics made 19 three-pointers to beat the Washington Wizards 123-111 Sunday in Boston and take a 1-0 lead in their Eastern Conference semifinal matchup.

Thomas played just a day after attending the funeral for his sister, who died in a car accident earlier this month outside of Tacoma, Wash.

The Wizards scored the game's first 16 points, but the Celtics rallied in the second quarter with Thomas briefly sidelined after getting one of his two front teeth knocked out. THE ASSOCIATED PRESS

Jazz beat Clips in Game 7

Gordon Hayward scored 26 points and the Utah Jazz easily eliminated the Los Angeles Clippers on Sunday with a 104-91 victory, winning the first-round playoff series 4-3.

George Hill and Derrick Favors added 17 points apiece in Utah's first post-season victory since 2010.

The Jazz will face Golden State in the Western Conference semifinals, which begins Tuesday in Oakland. THE ASSOCIATED PRESS

NHL PLAYOFFS

Ducks cut into Oilers' lead

The Anaheim Ducks wrested some momentum back in their playoff series against the Edmonton Oilers with a 6-3 win Sunday.

Edmonton still leads the best-of-seven Western Conference semifinal series 2-1.

Edmonton won twice at the Honda Center to kick off the matchup. The Ducks can even up the series doing the same at Rogers Place.

Jakob Silfverberg scored twice for Anaheim although his second of the game will irritate Oilers fans until Wednesday's Game 4.

Edmonton challenged it for being offside, but the goal was allowed to stand.

Ducks captain Ryan Getzlaf had a goal and an assist with Anaheim also getting goals from Rickard Rakell, Chris Wagner and Ryan Kesler.

The Ducks' Hampus Lindholm checks Oilers winger Patrick Maroon in Edmonton on Sunday. GETTY IMAGES

Ducks goaltender John Gibson made 24 saves for the win, while Oilers counterpart Cam Talbot stopped 22.

IN NASHVILLE

Preds reclaim series lead

Cody McLeod scored the game-winner early in the second period, and the Nashville Predators beat the St. Louis Blues 3-1 Sunday to grab a 2-1 lead in their Western Conference semifinal.

Connor McDavid scored his first of the series for Edmonton. Patrick Maroon and Anton Slepychev also scored and defenceman Kris Russell had a pair of assists for the Oilers.

Rakell's marker, scored on a breakaway 25 seconds into the game, was the fastest playoff goal to start a game in Ducks history. THE CANADIAN PRESS

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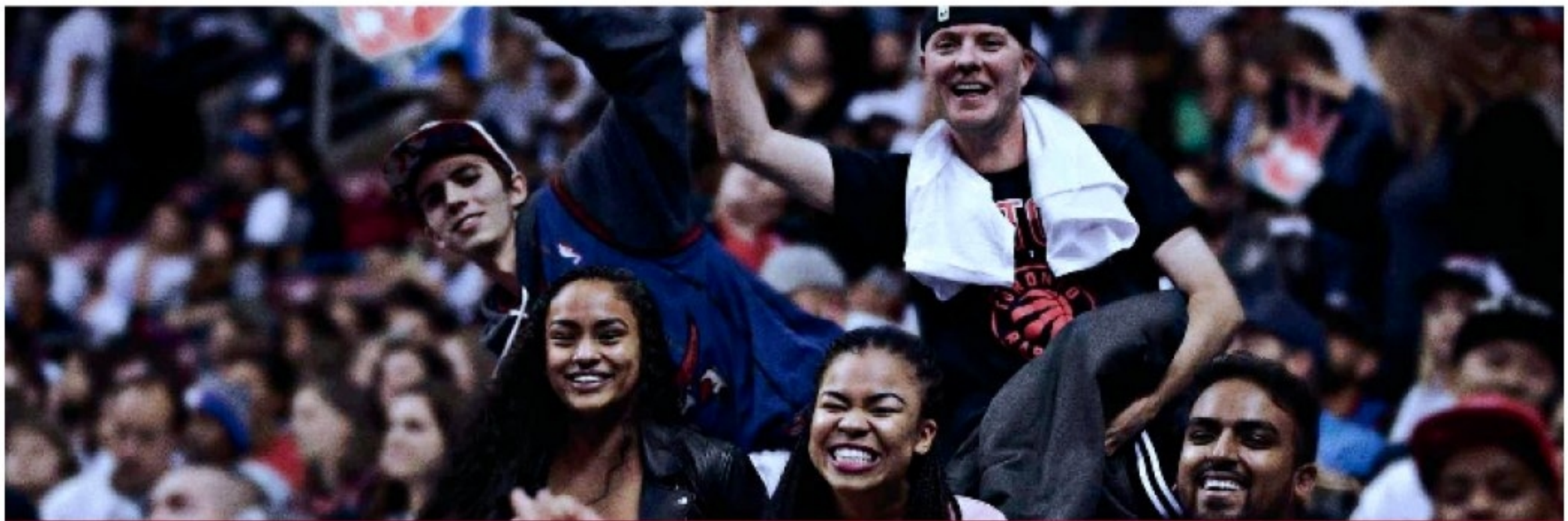

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IN BRIEF

Chip-in eagle forces playoff at Zurich Classic
Kevin Kisner chipped in for eagle on the 18th hole as darkness fell Sunday night at the Zurich Classic, lifting himself and teammate Scott Brown into a Monday playoff with Jonas Blixt and Cameron Smith.

Kisner's chip-in from 95 feet forced the 23-year-old Smith to make a 1-1/2-foot birdie putt to remain in contention for his first PGA Tour win. THE ASSOCIATED PRESS

Alli and Kane sink Arsenal to earn derby win for Spurs
Tottenham shifted the balance of power in north London's soccer rivalry by securing its first Premier League finish above Arsenal in 22 years with a 2-0 victory over its neighbour on Sunday.

Arsenal imploded in the second half as Dele Alli scored the first with Harry Kane burying the second from the spot.
THE ASSOCIATED PRESS

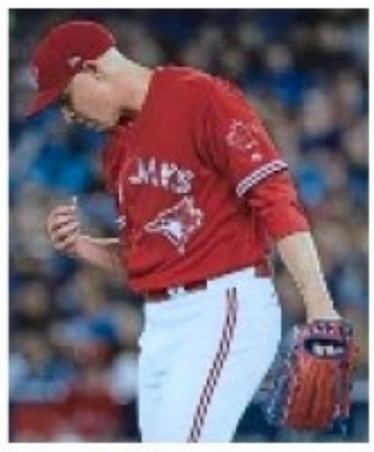
Bottas beats Vettel to finish line for first F1 win
Valtteri Bottas won his first Formula 1 race Sunday after holding off a late charge from Sebastian Vettel in the Russian Grand Prix.

Mercedes driver Bottas, a 27-year-old Finn who started third but slipstreamed into the lead off the start, finished 0.6 seconds ahead of Ferrari's Vettel. Kimi Raikkonen took third in the second Ferrari, 10.3 seconds further back.
THE ASSOCIATED PRESS

Sanchez hurt in Jays' win

MLB

Split nail forces budding star to leave game, Tepera the hero


Aaron Sanchez GETTY IMAGES

Aaron Sanchez looked down at his finger and saw the blood five pitches into his start.

All he could think about then was finishing the inning. So he did. Sanchez threw 13 pitches, erasing a five-pitch leadoff walk with a strikeout and a double play before leaving Toronto's 3-1 win over the Tampa Bay Rays on Sunday with a split nail on his right middle finger.

Once in the dugout, the 24-year-old Sanchez slammed his glove down on the bench in frustration and headed straight into the clubhouse with pitching coach Pete Walker.

"It was just a lot of pressure, stinging underneath the nail," said Sanchez, who was activated from the 10-day disabled list earlier in the day.

"It's like somebody grabbing your nail and ripping it out. It doesn't feel good, but it's just something we have to battle now."

In Sanchez's absence, an unlikely hero emerged as Toronto's bullpen, especially Ryan Tepera, helped the Blue Jays (8-17) earn their first set of back-to-back wins — and first series win — of the season.

SUNDAY In Toronto

BLUE JAYS	RAYS
3	1

Tepera came on in the second and cruised through 3-1/3 innings — Tampa didn't get a hit until Ryan Miller's leadoff single in the fifth. He had a career-high five strikeouts and left with one out in the fifth to a standing ovation from the crowd of 42,986 at Rogers Centre.

Aaron Loup followed Tepera with two frames, Dominic Leone went 2/3, Joe Smith started the eighth and allowed a run before J.P. Howell (1-1) got the inning's final out, and Roberto Osuna earned the save.

"Today (the bullpen) showed everybody who they really are and we got this big win," Sanchez said.
THE ASSOCIATED PRESS

IN BRIEF

Rendon key to Nationals' record win over the Mets
Anthony Rendon had 10 RBIs, three home runs and six hits as the Washington Nationals took advantage of Noah Syndergaard's injury and mauled the New York Mets 23-5 on Sunday to set a franchise scoring record.

Rendon went a career-best 6-for-6 and scored five times while setting a club mark for RBIs.
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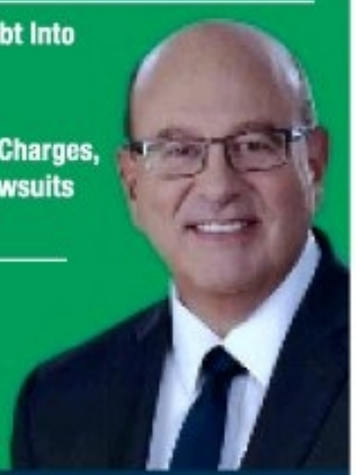

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PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Try this healthy morning drink that harkens back to a childhood favourite: the pb&j. If allergies are an issue, feel free to swap almond, cashew or sunflower butter for peanut butter.

Ready in: 5 minutes
Prep Time: 5 minutes
Serves: 2

Ingredients
- 1/4 cup frozen blueberries
- 1/4 cup frozen blackberries
- 1/4 cup frozen raspberries
- 1/3 cup Greek yogurt
- 1 heaping Tbsp peanut butter
- 3/4 cup almond milk
- 1 date

Directions
1. Place the date at the bottom of your blender and then all of the other ingredients. Whiz until you get a smooth consistency.

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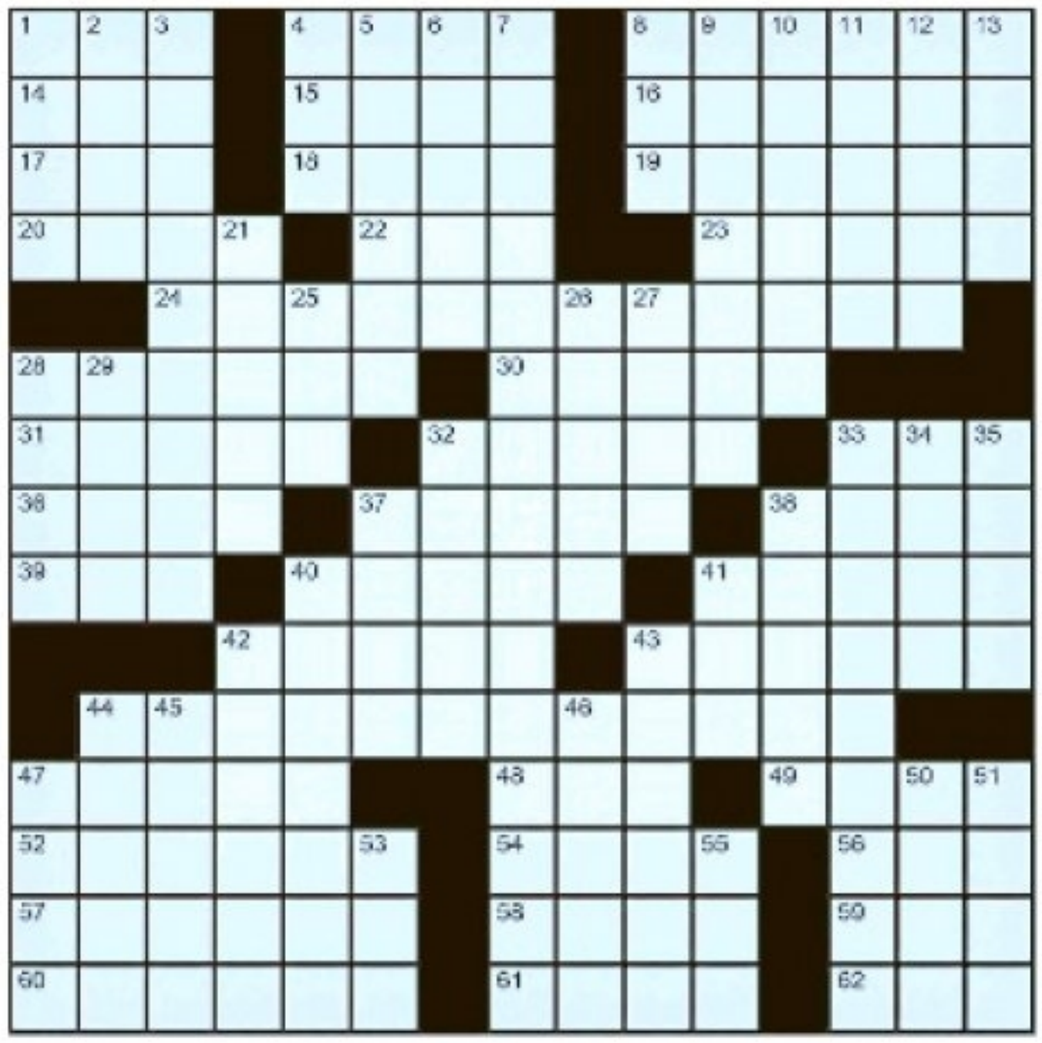
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Opera singing style, _ canto
4. Stuff emptied from beach shoes
8. Skyping need
14. 108-card game
15. 'Very', hip-style
16. Put on a frock as a court professional
17. VJ's network
18. Attraction
19. Word origin
20. Li'l favoured choice
22. _-Aztecan languages
23. Viking manoeuvers
24. Traditional folk performance around a streamers-decorated post: 2 wds.
28. Reduced salary
30. _, Michigan
31. E! reality series, for short
32. Bracelet location
33. P-to-T link
36. Pate de foie _
37. Red veggies
38. Subatomic particle
39. Enunciate
40. Wedding gown wearer
41. English dramatist, George _ (Contemporary of William Shakespeare)
42. Do something beneath one's dignity
43. Farm formation for foals
44. 'As Long As Your Eyes Are Wide' is this Vancouver band's new album: 3 wds.
47. Sharp weapons
48. Roman myth household deity
49. Fleece
52. "Welcome to our home.": 2 wds.
54. Trim
56. "Bambi" (1942) character
57. Exceed
58. "Step _ _ pets." (Furry friends palindrome)
59. Time off letters
60. More succinct
61. Turndowns in the Highlands
62. "Move Your Body" singer

DOWN
1. Knocked noggin result
2. Doorway, e.g.
3. 'It's a new road' in this Psychedelic Furs tune: 3 wds.
4. South: French
5. Like a sudden ending
6. "Fab!"
7. Physician who was Montreal's mayor from 1854 to 1856: abbr. + first name + last name
8. Small
9. Competitor
10. Women's fashion chain, Lane _
11. Comedian
12. Home
13. YMCA part
21. Actualities
25. Sound of laughter
26. Upper crust
27. Univ. treatise
28. Puny parcels
29. Glowing light
32. Consider the options
33. Denizens of Longueuil's province
34. Tire-moving maneuver
35. Snick-or-_
37. The _ Awards (Music honours across the pond)
38. Restaurant offerings
40. Place to place a night table
41. Org. in Jeannie C. Riley's 1968 hit
42. Scuba professionals
43. One might have icons and candles
44. Pushily push
45. Archer, when pointing
46. 1979: "I _ Be Your Lover" by Prince
47. Aberdeen's country, briefly
50. Years, in old Rome
51. Rooney of "The Social Network" (2010)
53. Lofoten's li'l land
55. Blood type designation, for short

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
If you can play hooky today or cocoon at home, you'll be happy to do so. Somehow, you don't feel ready to greet the world this Monday morning. (Sigh.)

Taurus April 21 - May 21
Today you will use your emotions to make important decisions. However, be careful, because hunches are not always right. Use caution to prevent accidents today.

Gemini May 22 - June 21
Be mindful of your money and your possessions today, because something out of the blue might cause you to lose money or break something you own. Be careful.

Cancer June 22 - July 23
You feel restless and rebellious today. You might be obsessed with an idea or something unusual or different. Guard against accidents. Slow down.

Leo July 24 - Aug. 23
Today is a tough Monday. Things are unpredictable, and it's hard to stay focused. Just do your best to keep treading water. (That's all you can do.)

Virgo Aug. 24 - Sept. 23
A friend might surprise you today. Alternatively, you might meet a real character — someone who is different or unusual. Either way, this is not a boring day!

Libra Sept. 24 - Oct. 23
You might be high-viz for some unexpected reason, especially when dealing with parents, bosses and VIPs. (Incidentally, this includes the police.) Be aware.

Scorpio Oct. 24 - Nov. 22
Travel plans and schedules for postsecondary schools are subject to unexpected changes and delays today. You can count on this. Allow extra time so that you have wiggle room to cope.

Sagittarius Nov. 23 - Dec. 21
Stay on top of matters related to inheritances, taxes, debt and shared property so that you are not caught off guard today. Something unexpected will affect these areas.

Capricorn Dec. 22 - Jan. 20
Conversations with your partner or a close friend will be touchy today, because people are rebellious and independent. This person doesn't want to cooperate.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted with equipment breakdowns, computer crashes, staff shortages and canceled meetings today.

Pisces
Feb. 20 - March 20
This is an accident-prone day for your children so be extra vigilant. Likewise, social plans might suddenly change. Oops! This also is a rocky day for romance.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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2	1	8	5	4	6	7	3	9
8	2	3	4	1	9	5	6	7
6	9	4	3	5	7	8	2	1
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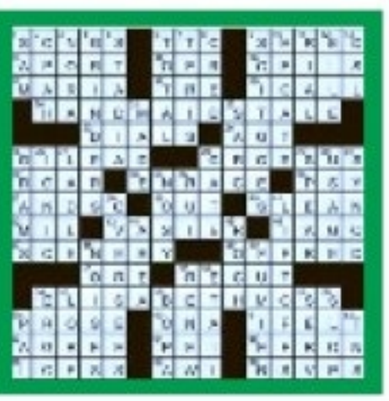

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